Washington Seniors Wellness Center Calendar for June 2021

On Zoom: 1 301-715-8592 or 1 646-558-8656

Meeting ID: 928 7552 9202

Elder Abuse Awareness Month

HAPPY FATHER'S DAY!!!!

Password: 083339 Mens Health Month

Monday	Tuesday	Wednesday	Thursday	Friday	
Attention: Contact Lillian and/or Shymee to register for classes/sessions that you are interested in attending. Only 12 people, at a time, in the gym, per class Only 20 people, at a time, in the Multi- Purpose Room, per session. Only 8 – 10 people, at a time, in the Hudson and Sun Room OPEN GYM: See Calendar You will be allowed 30 minutes on the equipment UPDATED FORMS: All forms need to be updated to attend fitness classes/gym. Contact Lillian to receive your Physician's Statement and Intake forms to update.	Nutrition/Health/Community Class Sessions with Shymee Topic: Money Smart Presenter: Idriys Abdullah Consumer Protection Advocate District of Columbia Department of Insurance, Securities, and Banking 10:00am – 11:00am On Zoom Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom	Strength and Toning with Lillian 9:30am – 10:30 On Zoom Yoga with Jakuta 10:30am – 11:30am On Zoom Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592 ID: 975-5829-0633 Art Class With Candice Napper On Zoom 3:00pm – 4:00pm	Zumba Gold with Michelle 9:00am – 10:00am On Zoom Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom Health Dialogue with DeLois Botts 1:45 pm – 2:20 pm On Zoom	Yoga with Jakuta 3:00pm – 4:00pm On Zoom	4
7 OPEN GYM 8:30AM – 9:00PM	OPEN GYM 8:30AM – 12:00PM	OPEN GYM 8:30AM – 9:00AM	OPEN GYM 8:30AM - 9:00AM	OPEN GYM 8:30AM – 10:00AM	11
Strength and Toning: with Lillian	Nutrition/ Health/Community	Strength and Toning: with Lillian	Zumba Gold with Michelle	Bingo with Theresa 10:30am – 12:30pm	

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am – 10:00am	Class Sessions with	9:00am- 10:00am	9:00am – 10:00am	MultiPurpose Room
Hybrid	Shymee	Hybrid	On Zoom	
	Presenter: Ms. Jillian			T'ai Chi
Chair Yoga/Grounding	Griffith MPH, RD LD	Nutrition Consultant	OPEN GYM	With Eric Jordan
Meditation with Lillian	Giant In- Store Nutritionist	10:00am – 11:00am	11:00AM - 12:00PM	11:00am – 12:00pm
10:00am – 10:30am	Topic: Hydration and	On Zoom		(At Washington Seniors
Hybrid	Summer Time Beverages		Art Class	Wellness Center)
	10:00am-11:00am	Yoga with Jakuta	With Candice Napper	
T'ai Chi	On Zoom	<u>10:30am</u> – 11:30am	10:00am – 11:00am	Yoga with Jakuta
With Eric Jordan		On Zoom	(At Washington Seniors	3:00pm – 4:00pm
11:00am – 12:00pm	Active Living Everyday		Wellness Center)	On Zoom
(At Washington Seniors	Host: Romunda Ings	Bingo with Lulu		
Wellness Center	11:30am – 12:30pm	10:30am – 12:30pm	Active Living Everyday	
	On Zoom	MultiPurpose Room	Host: Romunda Ings	
Chatting with Katherine		T'ai Chi	11:30am – 12:30pm	
(BEEDL) (WSWC member)	Spanish Class with	With Eric Jordan	On Zoom	
11:30 am – 12:30pm	Gwen McLaughlin	11:00am – 12:00pm		
On Zoom	1:30pm – 2:30pm	(At Washington Seniors	Health Dialogue	
	On Zoom	Wellness Center	with DeLois Botts	
WSWC Members		Weilliess Center	1:45pm – 2:20pm	
Assembly Meeting		Active Living Everyday	On Zoom	
On Zoom		Host: Romunda Ings		
12:30pm – 1:30pm		11:30am – 12:30pm	Nutrition /Health/	
		On Zoom	Community	
			Class Sessions with	
		Sibley Club Memory	Shymee	
		1:00 pm – 2:00 pm	A Conversation with	
		ID: 975-5829-0633	Ward 5's Bob King	
		Or call 301-715-8592	The District's longest	
			serving ANC	
		VIRTUAL ART SHOW	Commissioner.	
		With Candice Napper	Topic: Discussions	
		3:00pm – 4:00pm	around new voting	
		On Zoom	procedures for 2022;	
			3:00pm – 4:00pm	
			On Zoom	
14	15	16	17	18
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
8:30AM - 9:00AM	8:30AM - 12:00PM	8:30AM - 9:00AM	8:30AM - 9:00AM	8:30AM - 10:00AM

Monday	Tuesday	Wednesday	Thursday	Friday
Strength and Toning: with Lillian 9:00am – 10:00am Hybrid Chair Yoga/Grounding Meditation with Lillian 10:00am – 10:30am Hybrid T'ai Chi With Eric Jordan 11:00am – 12:00pm (At Washington Seniors Wellness Center Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm On Zoom	Nutrition/Health/Community Class Sessions with Shymee UDC/SNAP Presenter: Chef Herb Holden Topic: Scrumptious Summer Time Dish 10:00 am – 11:00 am On Zoom Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom	Strength and Toning: with Lillian 9:00am- 10:00am Hybrid Nutrition Consultant with Shymee 10:00am - 11:00am In her office Yoga with Jakuta 10:30am - 11:30am On Zoom T'ai Chi With Eric Jordan 11:00am - 12:00pm At Washington Seniors Wellness Center Active Living Everyday Host: Romunda Ings 11:30am - 12:30pm On Zoom Sibley Club Memory 1:00 pm - 2:00 pm ID: 975-5829-0633 Or call 301-715-8592	Zumba Gold with Michelle 9:00am – 10:00am On Zoom OPEN GYM 11:00AM – 12:00PM Art Class With Candice Napper 10:00am – 11:00am MultiPurpose Room Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom Health Dialogue with DeLois Botts 1:45pm – 2:20pm On Zoom Nutrition / Health/ Community Class Sessions with Shymee Presenter: Donna Tabor United Health Care Rep. Topic: Bingo/Prizes/ Health Care Information 3:00pm – 4:00pm	Bingo with Theresa 10:30am – 12:30pm MultiPurpose Room T'ai Chi With Eric Jordan 11:00am – 12:00pm At Washington Seniors Wellness Center Program Director's Meeting 12:00pm – 1:00pm On Zoom Yoga with Jakuta 3:00pm – 4:00pm On Zoom
21 OPEN GYM 8:30AM – 9:00AM	22 OPEN GYM 8:30AM – 9:30AM	23 OPEN GYM 8:30AM – 9:00AM	On Zoom 24 OPEN GYM 8:30AM – 9:00AM	25 OPEN GYM 8:30AM – 10:00AM
Strength and Toning: with Lillian	Nutrition / Health/ Community	Strength and Toning: with Lillian	Zumba Gold with Michelle	Bingo with Theresa 10:30am – 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am – 10:00am	Class Sessions with	9:00am- 10:00am	9:00am – 10:00am	MultiPurpose Room
<mark>Hybrid</mark>	Shymee	Hybrid	Hybrid	
	Presenter: Malcolm Doster			T'ai Chi
Chair Yoga/Grounding	Consumer Protection	Nutrition Consultant with	Nutrition Session with	With Eric Jordan
Meditation with Lillian	Advocate	Shymee	Shymee	11:00am – 12:00pm
10:00am – 10:30am	District of Columbia	10:00am – 11:00am	10:00am – 11:00am	At Washington Seniors
Hybrid	Department of Insurance	In her office	In Hudson Room	Wellness Center)
	Securities and Banking			
T'ai Chi	Topic: Stock Market Series	Yoga with Jakuta	Art Class	WSWC Members
With Eric Jordan	Investment Options	10:30am – 11:30am	With Candice Napper	Book Club
11:00am – 12:00pm	10:00am-11:00am	On Zoom	10:00am – 11:00am	11:30am to 1:00pm
(At Washington Seniors	(MultiPurpose Room)	T'ai Chi	MultiPurpose Room	(MultiPurpose Room)
Wellness Center		With Eric Jordan		
	Gentle Movement	11:00am – 12:00pm	Gentle Movement	Enhance Fitness with
Chatting with Katherine	<u>10:30a</u> m – 11:30am	At Washington Seniors	<u>10:30a</u> m – 11:30am	Tawana
(BEEDL) (WSWC member)	Hybrid	Wellness Center)	Hybrid	1:00pm – 2:00pm
11:30 am – 12:30pm		weilliess Center)		Hybrid
On Zoom	OPEN GYM	Active Living Everyday	Active Living Everyday	
	1:30pm – 4:30pm	Host: Romunda Ings	Host: Romunda Ings	Cell Phone/IPAD Class
Cell Phone/IPAD Class		11:30am – 12:30pm	11:30am – 12:30pm	With Al Hathaway
With Al Hathaway	Active Living Everyday	On Zoom	On Zoom	1:00pm – 2:00pm
1:00pm – 2:00pm	Host: Romunda Ings			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
	11:30am – 12:30pm	Enhance Fitness with	Members Assembly	Yoga with Jakuta
Enhance Fitness with	On Zoom	Tawana	Executive Board Mtg	3:00pm – 4:00pm
Tawana		1:00pm – 2:00pm	11:30am – 12:30PM	On Zoom
1:00pm – 2:00pm	Spanish Class with	Hybrid	On Zoom	ODEN CYM
Hybrid	Gwen McLaughlin			OPEN GYM
ODEN OVA	1:30pm – 2:30pm		Nutrition with Shymee	3:00PM - 4:30PM
OPEN GYM	On Zoom	OPEN GYM	12:30pm – 1:30pm	
3:00PM - 4:30PM		3:00PM - 4:30PM	(Sun Room)	
		0	ODEN CVM	
		Sibley Club Memory	OPEN GYM	
		1:00 pm – 2:00 pm	1:00PM – 4:30PM	
		ID: 975-5829-0633 Or call 301-715-8592	Hoolth Diologue	
		Of Gall 301-7 15-6592	Health Dialogue with DeLois Botts	
			1:45pm – 2:20pm On Zoom	
			Oli Zoolli	

Monday	Tuesday	Wednesday	Thursday	Friday
•		•	Summer PRIDE Fun	·
			House Party with	
			DJ Flav- WKYS- Youth/	
			WSWC Seniors	
			3:00pm-5:00pm	
			In-Center & Virtual	
28	29	30	1	2
OPEN GYM:	OPEN GYM: 8:30AM -	OPEN GYM:	OPEN GYM	OPEN GYM
8:30AM - 9:00PM	4:30PM	8:30AM – 9:00AM	8:30AM – 9:00AM	8:30AM - 10:00AM
Strength and Toning:	Nutrition/Health/Community	Strength and Toning: with	Zumba Gold	Bingo with Theresa
with Lillian	Class Sessions with	Lillian	with Michelle	10:30am – 12:30pm
9:00am – 10:00am	Shymee	9:00am- 10:00am	<u>9:00am</u> – 10:00am	MultiPurpose Room
Hybrid	Adrian Sutton	Hybrid	Hybrid	T
	Project Coordinator	Northitian Carrenttent - 141		T'ai Chi
Chair Yoga/Grounding	Connect DC- Digital	Nutrition Consultant with	Nutrition Session with	With Eric Jordan
Meditation with Lillian	Inclusion Initiative Office of	Shymee	Shymee	11:00am – 12:00pm
10:00am – 10:30am	the Chief	10:00am – 11:00am	10:00am – 11:00am	At Washington Seniors
Hybrid	Technology Officer (OCTO)	In her office	In Hudson Room	Wellness Center)
	Government of District of	Yoga with Jakuta		Full control Fitter and with
T'ai Chi	Columbia	10:30am – 11:30am	Art Class	Enhance Fitness with
With Eric Jordan	Topic: Tech Talk with	On Zoom	With Candice Napper	Tawana
11:00am – 12:00pm	Seniors	On 200m	10:00am – 11:00am	1:00pm – 2:00pm
(At Washington Seniors	10:00 am – 11:00 am	T'ai Chi	MultiPurpose Room	Hybrid
Wellness Center	Hybrid	With Eric Jordan	-	Call Disassa/IDAD Class
		11:00am – 12:00pm	Gentle Movement	Cell Phone/IPAD Class
Chatting with Katherine	Gentle Movement	(At Washington Seniors	<u>10:30a</u> m – 11:30am	With Al Hathaway
(BEEDL) (WSWC member)	10:30am – 11:30am	Wellness Center)	Hybrid	1:00pm – 2:00pm
11:30 am – 12:30pm	Hybrid			Vege with lelecte
On Zoom		Active Living Everyday	OPEN GYM	Yoga with Jakuta
	Active Living Everyday	Host: Romunda Ings	12:30PM - 4:30PM	3:00pm – 4:00pm
Cell Phone/IPAD Class	Host: Romunda Ings	11:30am – 12:30pm		On Zoom
With Al Hathaway	11:30am – 12:30pm	On Zoom	Active Living Everyday	ODEN CVM
1:00pm – 2:00pm	On Zoom		Host: Romunda Ings	OPEN GYM
		Enhance Fitness with	11:30am – 12:30pm	3:00PM - 4:30PM
Enhance Fitness with	Spanish Class with	Tawana	On Zoom	
Tawana	Gwen McLaughlin	1:00pm – 2:00pm		
1:00pm – 2:00pm	1:30pm – 2:30pm	Hybrid	Nutrition with Shymee	
Hybrid	On Zoom On Zoom		12:30pm – 1:30pm	
		OPEN GYM 3PM – 4:30PM	(Sun Room)	

Monday	Tuesday	Wednesday	Thursday	Friday
OPEN GYM 3PM – 4:30PM			Health Dialogue with DeLois Botts 1:45pm – 2:20pm <mark>On Zoom</mark>	

Cell Phone Numbers:

Lillian 202-744-9649

Shymee: 202-316-0206